

# Being Sexual: An Illustrated Series On Sexuality and Relationships

## SEXUAL SELF-ADVOCACY

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By David Hingsburger and Susan Ludwig



Translated into Blissymbols by Claudia Wood

Illustrated by James F. Whittingham

## BEING SEXUAL: AN ILLUSTRATED SERIES ON SEXUALITY AND RELATIONSHIPS

This 17-book series provides important sexuality education for young adults and adults. The clear, straightforward text and engaging illustrations are particularly helpful for people with developmental disability, problems with literacy, learning or communication, or anyone who uses Blissymbols. The content, philosophy and ideas expressed are those of the authors. Books were reviewed by SIECCAN Board members who are professionally involved in sex education, counselling and therapy and by consumers, parents and educators.

Blissymbolics Communication International (BCI) co-ordinated Blissymbol translation of major portions of each book in the Being Sexual series using approximately 150 recently-developed symbols for sexuality. Claudia Wood translated all books except for volume 4 on Adolescence which was translated by Ruth Harrington and Jinny Storr.

Blissymbols used herein are derived from symbols described in Semantography, original copyright © C.K. Bliss 1949. © Blissymbolics Communication International, 250 Ferrand Drive, Suite 200, Don Mills, Ontario, Canada M3C 3P2. Exclusive licensee 1982.

The series is co-authored by **Dave Hingsburger**, an author and lecturer who has extensive experience as a counsellor and therapist for people with developmental disabilities, and **Susan Ludwig**, a nurse-educator with the Sexual Health Team, York Region Public Health who specializes in sexuality education for people with developmental disabilities. The authors acknowledge the assistance and support of York Region Public Health during the writing phase of the project, the imaginative input of **Claudia Wood**, and the special contribution of **James F. Whittingham** who created over 1200 drawings to illustrate the series.

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# SEXUAL SELF-ADVOCACY

1

## Sexual Self-Advocacy

o>>>1/Δ

(to speak + purpose + self + sexual)

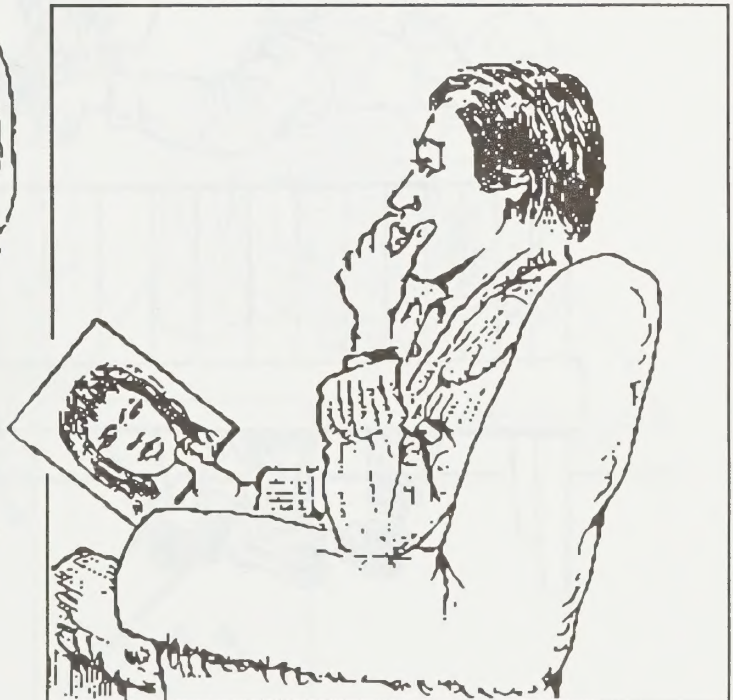
**Loving** is a natural part of living. At some time or another almost everybody falls in **love** with somebody else. This is exciting and **scary**.

—♡→ ∅ ∩ ∩ ÷ ∅ .

Love is (an) important part of life.

—♡→ |<sub>2</sub> ∩ ∩ ∩ ∩ + ∩ ∩ ∩ ∩ .

To love another can be exciting and scary.



Love



(feeling + arrow)

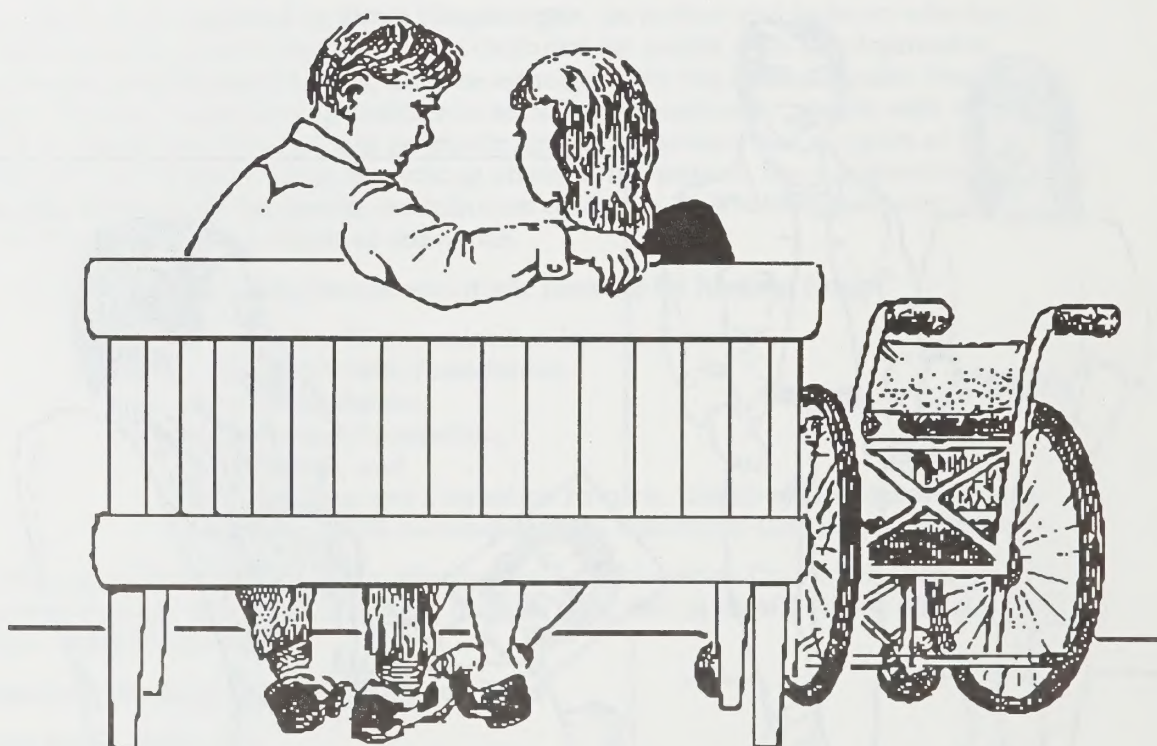
Difficult

(forward + reference line that has been broken  
+ description indicator)

For **people** with **disabilities** falling in **love** is not always an easy time. Having a **disability** often means needing extra **help** from **people** paid to give assistance.

—♡→ ·∨̂ →̂ | > ·∨̂ | | 1̂ , ▷? 1̂₃ / 1̂ ▷ 1̂8◇^.

Love can be difficult for disabled people, because they need help from employees.





## Rules



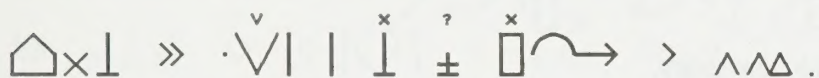
(page + to guide)

## Opinions



(opinion + plural indicator)

A **person** with a **disability** who **lives** in a house that has staff may find that there are many **rules** about **sexual activity**. These may be written **rules** or they may be the **opinions** of the staff that become **rules**.



(A) residence for disabled people may have rules about sexual activity.



(The) rules may be written or just (the) opinions of staff.

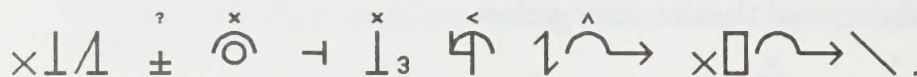


## Policy

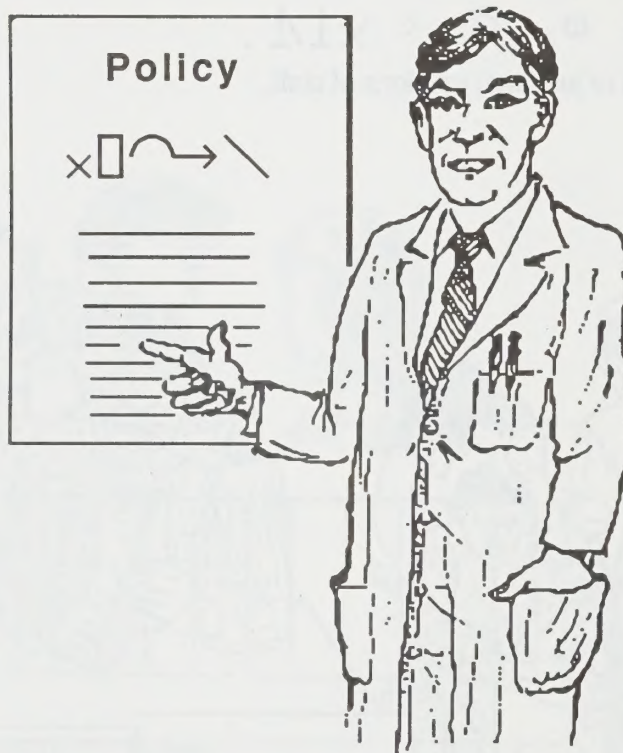


(group of + rule + to write)

A written **rule** is called a **policy**. **Policies** are the only **rules** that matter. Staff can have **opinions** but they have to follow the written **rules**.



Staff may have opinions but they must follow policy.



Listen



(ear + action indicator)

If staff tell you that there are **rules** against **masturbating** or engaging in **sexual activity** with someone in your room, do not argue with them. Listen to what they have to say.

?> x 1 1 ^ o k v h u t < ^ m o « x □ ~> ,

If staff say masturbation or sexual activity are against (the) rules,

-! o ~> ! , ^ .

do not argue, listen.





## Policy



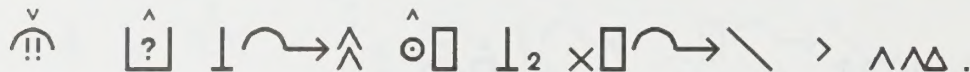
(group of + rule + to write)

## Sexual Activity



(activity + sexual)

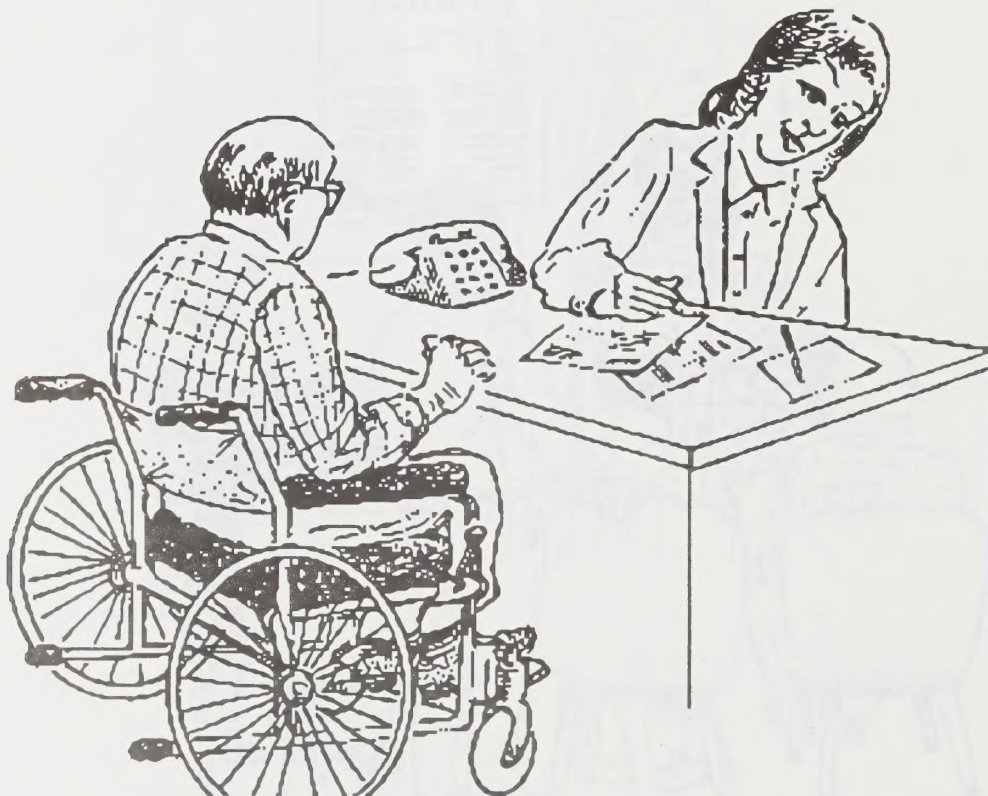
Ask the supervisor of the house to read you the **rules**. If there is no **policy** about **sexual activity**, tell the supervisor that you **think** there should be one.



Important - ask (the) supervisor to read you (the) policy about sexual behaviour.



Ask (for) (a) policy if none exists.





(To) Write



(pen + action indicator)

**Volunteer** to **help write** the **policy**. **People** who **live** in the residence should be allowed to **help** with this because it is their home.

$\hat{A} \square \hat{A} \setminus \times \square \curvearrowright \setminus ++ \overset{x}{|}_2 \mid > \perp_2 + \triangle \times \perp .$

Volunteer to help write (the) policy along with others from your residence.



Unfair

$$-\overset{\vee}{\Delta} =$$

(without + justice + description indicator)

If you **think** the **policy** is **unfair**, then ask if it can be **changed**. **Volunteer** to **help**.

?>  $\times \square \curvearrowright \setminus \hat{\Phi} ? -\overset{\vee}{\Delta} = , \boxed{?} \hat{\Delta} \hat{\oplus} 1.$

If (the) policy seems unfair, ask to help change it.





## Advocate

 $\perp o \gg |_2$ 

(person + to speak + purpose + another)

If you are told that the **policy** can't **change**, then you will need **help**. Most places have services that provide an **advocate**. An **advocate** helps **people** with **disabilities** fight **rules** that are **unfair**.

?> \perp \hat{o} \times \square \rightsquigarrow \backslash -! \cdot \hat{v} \oplus ,

If someone says (the) policy cannot change,

$\perp_2 \int \hat{o} \boxplus \perp o \gg |_2 \hat{1} \ll -\hat{\Delta} = \overset{x}{\square} \rightsquigarrow .$

you will need to find (an) advocate to help oppose (the) unfair rules.



(To) Tell



(mouth + action indicator)

When you are telling **people** why you **think** the **policy** is **unfair**, make sure that you tell them these things.



While discussing (the) policy with people, tell them these (things).





Feelings



(feeling + plural indicator)

**People** with **disabilities** have the same **feelings** as everyone else.

$\cdot \checkmark | | \overset{x}{\perp} \overset{\wedge}{\pm} = \overset{x}{\heartsuit} = \boxtimes \perp .$

Disabled people have (the) same feelings as everyone.



(To) Love



(love + action indicator)

(To) Care For



(protection + action indicator)

**People** with **disabilities** **want** to be able to **live** a life that allows the expression of **love** and **caring**.

$\cdot \checkmark | | \perp \hat{\heartsuit} \rangle \cdot \checkmark \hat{\heartsuit} \rightarrow + \hat{\wedge} |_2 \cdot$

Disabled people want to be able to love and to care for others.





Justice



(to judge + equal)

Freedom



(feeling + open)

You **want justice** and **freedom** to **live** a full and satisfying life.

$\perp_2$    = +  »   .

You want justice and freedom in order to live (a) satisfying life.



## United Nations' Declaration

$$\times \underline{P} | + | + \square \circ !$$

The **United Nations' declaration** about **people** with **disabilities** says that all **people** should have the **right** to **live** with another and to **marry**.

$$\times \underline{P} | + | + \square \circ ! > \cdot \check{V} | | \overset{\times}{\perp} \hat{\circ}$$

(The) United Nations' declaration about disabled people says

$$\boxtimes \perp \hat{\pm} \pm > \hat{\Delta} \square \hat{\Delta} ++ |_2 + \hat{\odot} .$$

everyone has (the) right to live with another and to marry.





Freedom



(feeling + open)

(To) Love



(love + action indicator)

It is the **freedom** to **love** that is required.

$\perp_2$   $\hat{\nearrow}$    .

You need (the) freedom to love.



Help

Λ

(diagonal line + person)

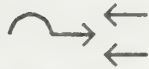
Ask others their **opinions** about residence **policy**. Maybe they will **want** to **help** too. Maybe you can do it together. There is strength in numbers. But don't be surprised if **people** are **afraid**.

⌈!!⌋    ⌈^⌋ ⇌    ++    ⌈x⌋<sub>2</sub> . ⌈x⌋<sub>3</sub>    ⌈?

Important - talk along with others. They may be afraid., but maybe they will help.



Courage



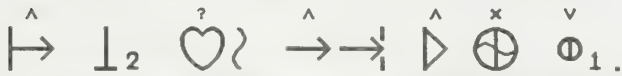
(to lead + opposition)

(To) Lead



(mind + forward + action indicator)

If you really believe in what you are doing and **want** to try it alone at first, you may be surprised that **people** will join you after they see that someone has the **courage to lead**.



To begin you may want to try to cause changes alone.



People may help when they see you have (the) courage to lead.





(To) Think



(mind + action indicator)

(To) Want



(feeling + fire + action indicator)

Spend some time **thinking** about this. Be sure you know what you **want** before you start.



Important - think before you start. Know what you want to do.



(To) Decide















(mind + to arrive + action indicator)

Upset



(feeling + up and down + description indicator)

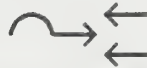
To **decide** to fight to **change policy** is **scary**. Make sure you are prepared for **people** to be **upset** with you. You do not have to challenge **policy**. This is your **decision**.

Important - if you decide to fight to change policy, people may be upset.

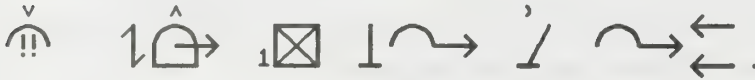


# Courage



(to lead + opposition)

If you make the **decision** to challenge the **rules**, **people** may tell you that you are a problem or that you have a problem. Remember that every **leader** who has fought for **change** has needed **courage** and has had to ignore name-calling.



Important - remember every leader has needed courage.





Equal

=

(mathematical sign for equals)

Some **people** said that Martin Luther King Jr. was a problem. In the United States Martin was a black **man** who said that he had a dream that all **people** could be **equal**. Because he believed in what he was doing, things are changing.

$\lambda_{MLK} \overset{\circ}{\cap} \boxtimes \boxtimes \overset{\times}{\perp} \overset{?}{\Phi} = .$

Martin Luther King Jr. dreamed all people might be equal.

$\lambda_3 \heartsuit \Delta , + \times \overset{\vee}{\times} \overset{\times}{\perp} \hat{\Rightarrow} .$

He believed, and now many people agree.



(To) Vote



(to say + choice + action indicator)

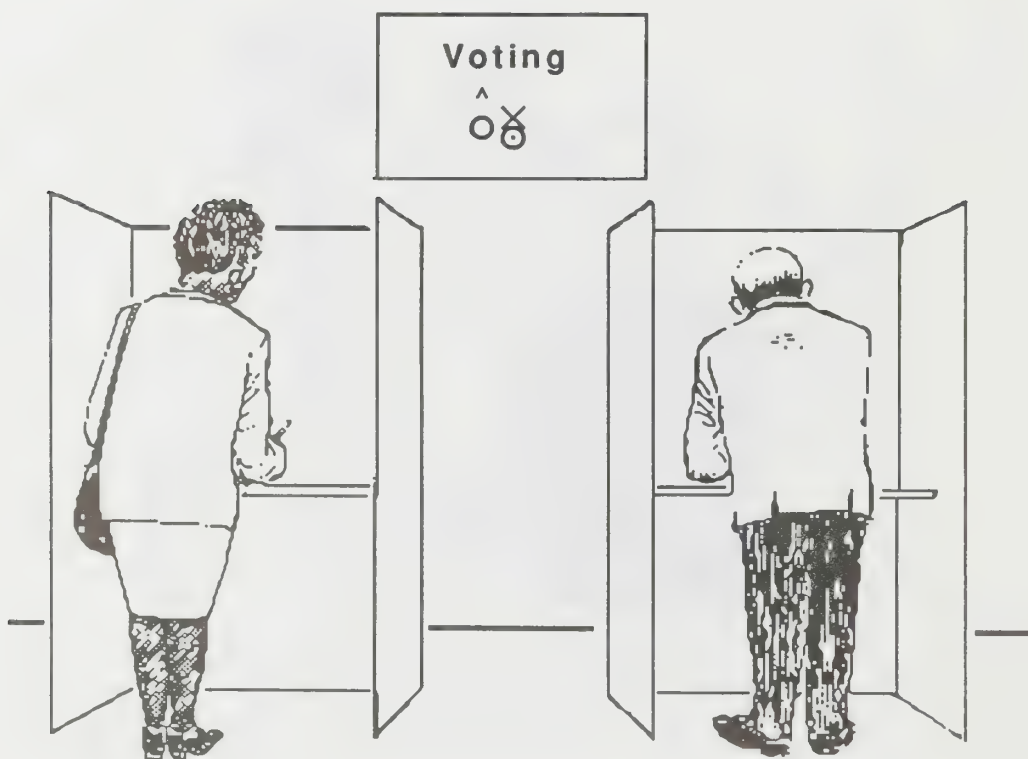
Some **people** said that Emmeline Pankhurst was a problem. In England Emmeline was a **woman** who believed that **women** are **equal** to **men** and should have the **right** to **vote**. Because she believed in what she was doing, things are changing.



Emmeline Pankhurst believed women are equal to men and must be able to vote.



She believed, and now many women can vote.



Equal

=

(mathematical sign for equals)

Some **people** said that Harvey Milk was a problem. In the United States Harvey was a **gay man** who believed that **lesbians** and **homosexuals** should have **equal rights**. He worked so that others like him would have a better life. Because he believed in what he was doing, things are changing.

$\lambda_{HM} \hat{\lambda} \gg = \pm > \otimes \square > \heartsuit \Delta \dot{\lambda} + \heartsuit \lambda \dot{\lambda}$ .

Harvey Milk worked for equal rights for lesbians and gay men.

$\lambda_3 \heartsuit \Delta , + \times \times \perp \hat{=}$ .

He believed, and now many people agree.





## Freedom



(feeling + open)

Some **people** say that Doreen Befus is a problem. In Canada Doreen is a **disabled woman** who says that **disabled people** have a **right to freedom**, a **right to live** as independently as possible. Because she believes in what she is doing, things are changing.

Δ<sub>DB</sub> ♥<sub>Δ?</sub> ·<sup>∨</sup>∇| | <sup>×</sup>∇̄ <sup>∠</sup>∇̄ ∅̂ ∇̂ ∅̂?

Doreen Befus believes disabled people must live (as) freely (as) possible.

·<sup>∨</sup>∇| | <sup>×</sup>∇̄<sub>+</sub> ∅̂̄ ∅̂̄ ∇̂? > Δ<sub>3</sub>.

Disabled people's lives are changing because of her.



## Determination



(decision + for the purpose of)

## Change



(weather [modified] weather is ever-changing)

It takes **courage** and **determination** to be a **leader** and to cause **change**. If you **think** something is **unfair**, or if someone tells you that you have fewer **rights** than other **people**, look inside yourself. If you have the **determination** and if you believe in what you are doing, you can begin to cause **change**.

$\perp_2 \nearrow \curvearrowright \leftarrow + \curvearrowright \gg, + \perp_2 \cdot \hat{\vee} \mapsto \hat{\triangleright} \oplus.$














You need courage and determination, but you can begin to cause change.

































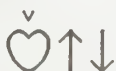







## Glossary of Key Words and Blissymbols





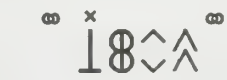

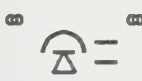

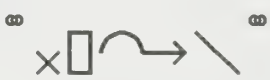

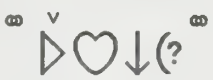


afraid		(sad + future + question mark + description indicator: sad about the future because of its uncertainties)	
care for (to)		(protection + action indicator)	
change		(combination of rain + sun = weather [modified] : weather is ever-changing)	
choice		(combination of eye and to divide [half-sized] and many: the eye makes a choice among many things)	
decide (to)		(mind + to arrive + action indicator: to arrive at a rational position)	
difficult		(forward + reference line that has been broken + description indicator)	
disability		(ability + limits: limited ability)	
disabled		(disability + description indicator)	
equal		(mathematical sign for equals)	
feeling		(the symbol is the familiar heart shape: traditionally one's feelings are supposed to come from the heart) In a few cases, this symbol is used to represent sensation)	
freedom		(feeling + open: feeling of being unconfined)	
freely		(freedom + description indicator)	
gay	see homosexual (male)		
help		(diagonal line + person: the person symbol appears to be helping the leaning line)	

homosexuality (female)		(sexuality [contraction] + woman + woman: intimate sexual relationship between women)	 
homosexual (female)	lesbian	(homosexuality (female) + description indicator)	 
homosexual (male)	gay	(homosexuality (male) + description indicator)	 
homosexuality (female)		(sexuality [contraction] + woman + woman: intimate sexual relationship between women)	 
important		(mind + two intensity symbols + description indicator: of intense interest)	 
lead (to)		(mind + forward + action indicator: to use mental powers to carry events or persons forward)	 
leader		(person + to lead)	 
lesbian	see homosexual (female)		
listen (to)		(ear + action indicator)	
live (to)		(life + action indicator)	
love		(feeling + arrow: feeling as if an arrow is piercing one's heart)	
love (to)		(love + action indicator)	
man		(combination of person <i>and</i> male. The symbol can also be seen as a pictograph, a stick figure of a man wearing trousers with his legs apart.)	
marry (to)		(marriage + action indicator)	
masturbation		(genitals + to touch + pleasure)	  

opinion		(mind + mouth: expression of what one thinks)	
people		(person + plural indicator)	
person		(the symbol suggests a human being standing, with feet turned out)	
rule		(page + to guide: written guidance)	
staff		(group + to serve: group of people working to serve others)	
tell (to)		(mouth + action indicator)	
think (to)		(mind + action indicator)	
upset		(feeling + up and down + description indicator: having unsettled feelings)	
want (to)		(feeling + fire + action indicator: to have an emotional desire, a strong feeling exemplified by the component fire)	
woman		(a combination of person <i>and</i> female. The symbol can also be seen as a pictograph, a stick figure of a woman wearing a skirt.) also female	
write (to)		(pen + action indicator)	

## Combined Symbol Glossary

The following symbols would normally be enclosed within combine indicators to show that they are not part of the Standard Blissymbol Vocabulary. Combine indicators were omitted within Blissymbol translations or summaries for esthetic reasons and to save space.

advocate	(person + to speak + purpose + another one who speaks on behalf of another)	
courage	(to lead + opposition: to lead in the face of opposition)	
declaration	(combination of report and to call out)	
determination	(decision + for the purpose of)	
employees	(person + wage + plural indicator)	
judge (to)	(to think + to weigh + action indicator)	
justice	(to judge + equal)	
law	(to judge + book)	
policy	(group of + rule + to write)	
right	(possession + in relation to + law)	
scary	(to cause + to fear + description indicator)	
sexual activity	(activity + sexual)	
sexual self-advocacy	(to speak + purpose + self + sexual: to speak on behalf of oneself in sexual matters)	



unfair	(without + justice + description indicator)	$\infty - \overset{\vee}{\Delta} = \infty$
United Nations	(group of + country + together)	$\infty \times \underline{P}   +   \infty$
volunteer (to)	(to help + freely + action indicator)	$\infty \overset{\wedge}{\Delta} \square \infty$
vote (to)	(to say + choice + action indicator)	$\infty \overset{\wedge}{\circ} \otimes \infty$



## **Being Sexual: an illustrated series on sexuality and relationships**

**1 Relationships.** Sexuality is explored in the context of relationships and validated as an important part of one's self-esteem. Co-authored by Claudia Wood, educator and Blissymbols Systems Coordinator. (31 pages)

**2 A Woman's Body.** Describes anatomy, how a woman's body functions sexually, and other aspects of being a woman. Issues of privacy and personal autonomy are introduced here and reinforced throughout the series. (47 pages)

**3 A Man's Body.** Describes anatomy, how a man's body functions sexually, and other aspects of being a man. (49 pages)

**4 Adolescence.** Describes the changes of puberty and adolescence and their influence on sexuality. (31 pages)

**5 Male Masturbation.** Describes masturbation and validates this as a choice for any man. Discusses fantasy as an aspect masturbation. (38 pages)

**6 Female Masturbation.** Describes masturbation and validates this as a sexual choice for any woman. (19 pages)

**7 Heterosexual Intercourse.** Describes sexual intercourse including sexual responsibility and mutual pleasuring. (25 pages)

**8 Human Reproduction.** Describes reproduction from fertilization to birth. Includes premature birth, Caesarian section, miscarriage and abortion. (25 pages)

**9 Birth Control.** Describes birth control options and suggests additional sources of information on contraception. (33 pages)

**10 Homosexuality.** Defines homosexuality and distinguishes it from homosexual behaviour. Suggests community resources for more information. (33 pages)

**11 Sexuality and Physical Disability.** Validates all people as being sexual. Discusses ways to achieve a satisfying sexual life in the presence of a physical disability. Co-authored by Michael Barrett, Chairperson, SIECCAN. (33 pages)

**12 Sexually Transmitted Disease.** Describes common STDs. Discusses symptoms, treatment and prevention. (30 pages)

**13 AIDS.** Explains how Acquired Immune Deficiency Syndrome is transmitted and how it develops. Defines "safer sex". (27 pages)

**14 Sexual Self Advocacy.** Discusses the right to sexual expression. Suggests how people in residential settings might influence policies that guarantee that right. (25 pages)

**15 Sexual Abuse.** Defines abuse, exploitation, incest and molestation. Describes what may happen after abuse and disclosure. (43 pages)

**16 Sexuality and Aging.** Describes how sexuality and sexual expression may be affected by aging. (25 pages)

**17 Teaching Manual.** Outlines the philosophy and potential uses of the series. Explains the Blissymbols developed for the series. (18 pages)

**Ordering information from: SIECCAN, 850 Coxwell Avenue, East York, Ontario M4C 5R1  
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